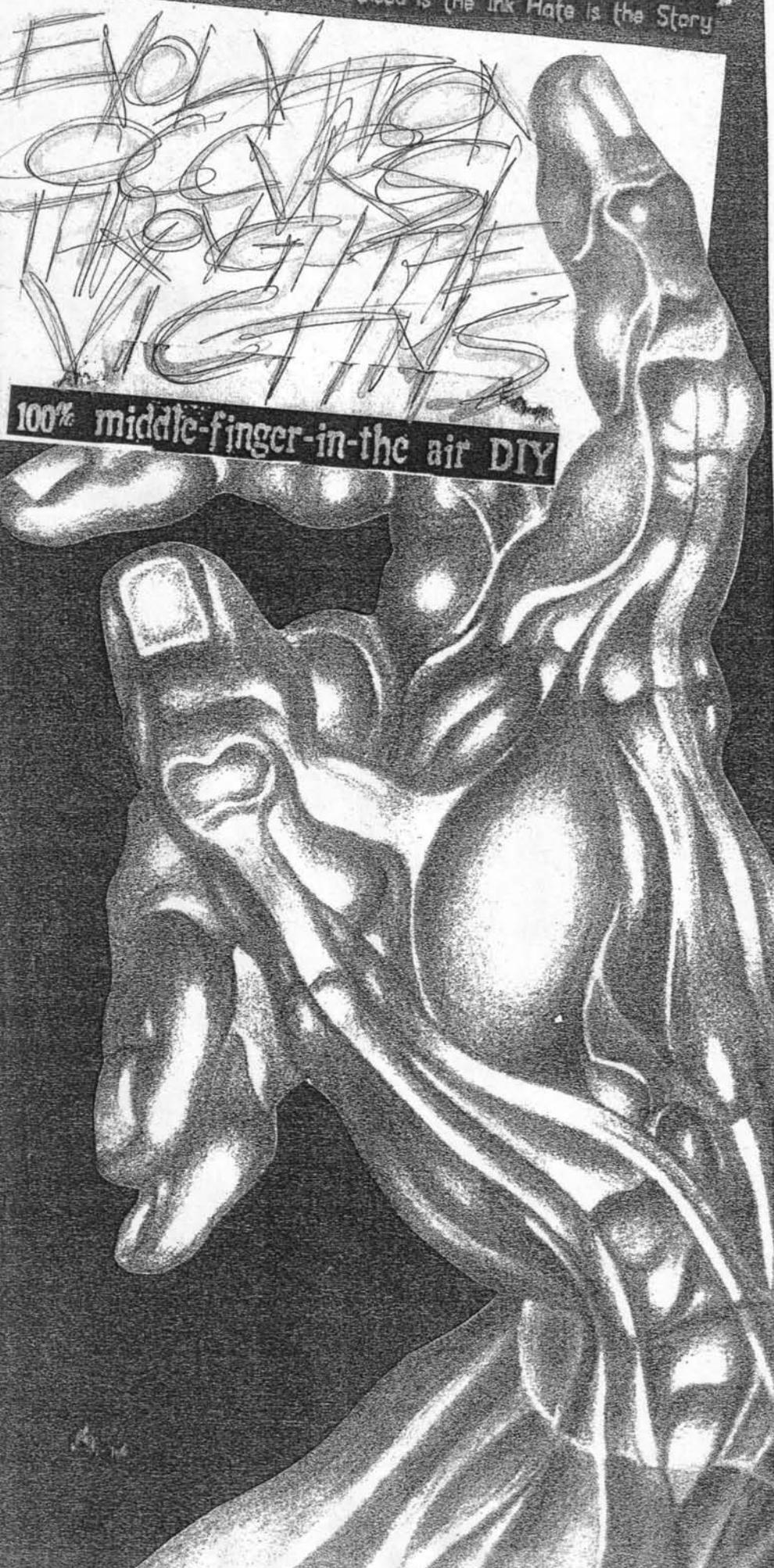




ergoing deca

(FREE)

Blood is the Ink Hate is the Story



Issue.10, and yes folks you read correctly, FREE, as always. So go on, take it. We may be one of the only free things going these days, which is a sad statement upon our society. Well, free things are offered all the time, by all sorts of people, but usually with consumer-related underplots involved, or with a hook attached of some sort, causing a person to approach the word "free" with a skeptical eye. You are right to be cautious, but let us assure you, we are selling nothing and in no way intend to tell you how to spend your money (we might mention ways of how not to spend your money but that's obviously different). Believe nothing, simply know it to be true, or false within. Permit nothing, merely consider everything. That is all that we ask, and we're not afraid to disclose our motives right up front. We are a vent for people who have something to say, express, emote, but no medium to communicate through in this corporate competition of an existence. See us as an escape, a sigh of relief, a breath of fresh air, and nothing more.

...Obligatory Disclaimer...

WARNING

To reduce risk of serious injury, read Safety & Comfort Guide provided with product.

I woke up with some serious goddamn depression this morning.

I can't even explain why.

It's just -

well, right now there doesn't seem to be a point in anything - absolutely nothing at all. I want to walk up and push over the cardboard cut-out scenery that makes up our existence.

I don't know.

There are times when life amazes the fucking hell out of me - where i can't believe the levels of fun, enjoyment, and pure emotional exhilaration the body is capable of feeling.

But at the same time,

These fucking lows can be completely unbearable, and intolerable.

Fuck.

Why am i so pissed off?

And don't give me that ceratonin bullshit.

Depression stems from an inability to cope with a particular detail of your life. I forget who said it but it was somebody.

Fuck, i wish the mind could evaluate inwards as well as it can outwards.

Reveres

A catalog, an open-closed book, Re-read and still discovered. Casket Researched production of illiteral means of self-destruction. Naive affairs, construct towards an above, a beyond; such had turn to closure. Desperation and mal-nourished prospectives, multiplying decisions less of answers. Drowning from disastrous delusions, contagious; and yet forbidden, hidden and sacred. Sodomized beyond belief; from such salvation as though life becomes death.

Pope's age is given as 61 — no mention if that was her age when she was last alive, or when discovered last week — and she was preserved thanks to the air conditioner that "mummified" her body, according to news reports.



Seeking survival

This ain't no Gilligan's Island, folks.



RESISTING ANTIBIOTIC RESISTANCE

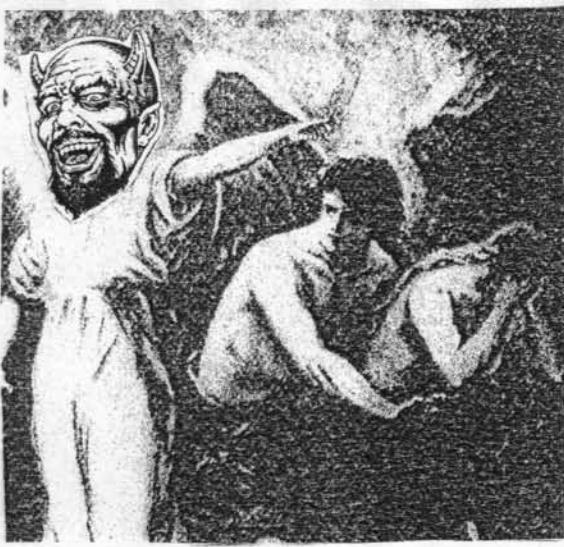
Bacterial infections are responsible for the deaths of one hundred thousand people a year, and the problem has steadily gotten worse. It would be wise to conclude that we have a problem on our hands. The key to conquering this crisis is to understand bacteria, how it lives, evolves and thrives. Let us begin with the leading cause of these highly evolved strains: The over use of antibiotics. The ability of a microorganism to withstand the effects of an antibiotic is called antibiotic resistance. The development of this resistance occurs through what is called plasmid exchange or gene action. It is the sharing of information between bacteria of the same or similar species. A resistant strain can 'communicate' or 'download' its collected knowledge of resistance to a similar strain. A 'superbug' is the ability of a certain bacterial species to carry several resistant genes at once. Antibiotic resistance essentially occurs through the process of natural selection, a microscopic survival of the fittest. These drugs act as an environmental pressure on bacteria. In the fight between the drug and the bug, any bacteria left standing (even one bacterial soldier) will pass its resistant ability onto its offspring, creating a whole new generation of antibiotic resistant bacteria.

Three million people a year are admitted to hospitals with antibiotic resistant infections, infections that were easily treatable only a decade ago.

But how did this all happen so quickly? The discovery of Antibiotics had promised us a healthier future, giving us more control over devastating plagues and debilitating infection. It is crucial to note that there is still a need for antibiotics when there is no other way, and when used responsibly. But is it possible that we have gone too far?

It is the over popularity and sheer mass-production of these drugs that has sparked the crisis that we face today. We now live in a world where the word 'antibacterial' can be found on everything from the dish soap and hand soap, to children toys and toothbrushes. We are promised a germ free world (even though these organisms thrived far before we ever even existed).

We have abused the power of antibiotics. If there is any bacteria left behind in an antibiotic assault, the problem only gets worse.



Being alone wasn't so much what was bothering Thomas as much as there being no one else around.

He had been alone in crowds but nothing was worse than being 'lonely alone' and alone.

Thomas had walked alone along the river bank away from the seminary before but never so late after evening prayer. By ten most of the other brothers were dozing in their sound proof cells or arguing Aquinas in the kitchen. He had said he had essays to do and had nay'd all entreaties to stay for pastries, tea and theology.

Now, cutting across grassy marshes, the jolly group he had left around the table transformed themselves in his mind into a ready group of character assassins and informers. Disapproving of his late-night disappearances and lack of community spirit (a buzz word that covered a multitude of sins)

Students.

Students chanting something and a fire. A bonfire could be seen in the distance in the area which they referred to back at the sem as 'the devils pit' .

Probably Engineers, thought Thomas.

A girl screamed, laughed.

Just once, thought Thomas, he would like to buy a condom in some gas station and slip it in amongst Brother Gregory's Pro Life literature. Or leave a porno in Brother Leo's immaculate sacristy cupboard. Oh how Tom would laugh, he would do a month of novenas on his knees to laugh like that.

Tom could smell the fire now and the beer .

Around him milled a crowd of what were most likely Engineer and Nursing students .

A few poured beer over each other. Another passed him a foul smelling cigarette which some big mouth broad asked him to hurry up and pass along. No one recognized him out of his clerics. He felt like a chimpanzee in the company of primal gorillas and baboons in heat. If this was the Devils Pit; If this was a real Party not just Camembert and Bordeaux but a PARTY! Like is written on the subway walls. Then bring on Faustus ! Thomas was ready to negotiate.

Eventually however the couples became more intimate and moved to the shadows.

Groups of rowdy party people threw their arms around each other and roved away shouting out street addresses and street numbers.

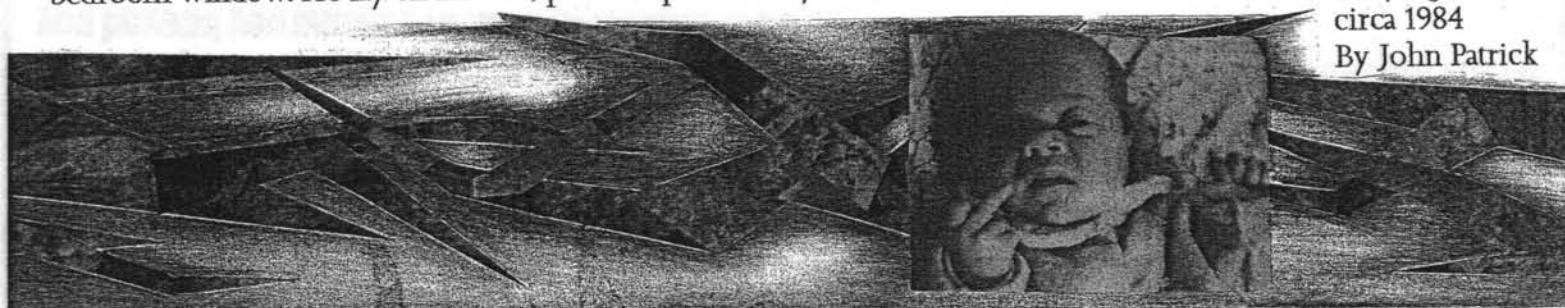
Thomas dragged a branch over from the bushes and threw some last kindling on the fire. Some idiot tried throwing a gigantic burnt out log on the fire which pretty much obliterated Thomas's efforts.

So, smelling of smoke, stale beer and foul cigarettes, Thomas wandered back to the Seminary and through his bedroom window. He lay on his bed, picked up his rosary and thanked God for all the sinners.

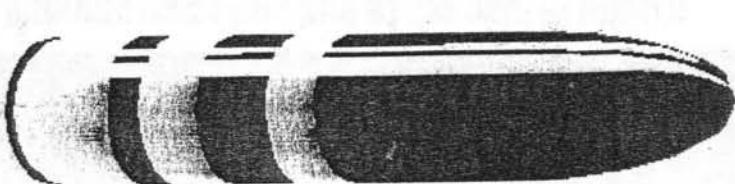
Partying Thomas

circa 1984

By John Patrick



Scientists have recently discovered a pill, developed in the early 1800's, that can successfully cure every single ailment that the mind and body can become prone to. It is administered at high velocity, directly into the brain or heart of the patient, and symptoms are relieved near instantaneously. The only side effect, is the odd occurrence of post-treatment contagion, where symptoms seem to spread to close family and friends of the medicated patient. Therefore, the pill was deemed unsafe for medical use and was pulled from the shelves, according to records. However, due to its simple composition, it has been reintroduced by countless different companies, in various forms, and for various non-medical purposes.....OMIT,DISREGARD...



~~SPRAL OUT, KEEP GOING...~~

Wal-Mart has been battling UFCWU attempts to unionize the retail giant's Canadian outlets since 1994.



in order to continue to revolve and evolve we as humans must be shed of the skin of mind's memories cracked and dry and rise release ourselves from the tattered ropes tied that held us as children kindred silent comforted conformed us contently in our ignorance open your mindself step up sell your old theories for new based ideas based on experience accept the fear fact that everything you have come to know and intake as knowledge could be wrong by the power of abusive suggestion as a child nothing is true it is only permitted easily allowed entrance realize with mind's eye the falseness of each other in ourselves evolve become more revolve around full circle come fresh open shed the skin cracked and dry masking the mind eye climb to the next rung the ladder ringing beneath feet singing as you cling step higher one step closer to perfection god above faceless of the creator of you in the image kicking and screaming innocently at birth rob the soft stone cradle by others accepted above you beyond you whom you have permitted to be

CLOSER TO GOD

"**IF I WAS** as famous as some people are at 18 years old, I would have been shooting crack into my throat."

— Actor George Clooney (right)
SOURCE: People.com

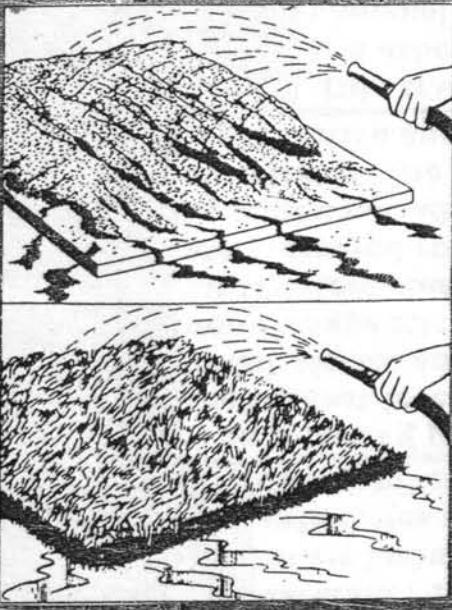
CANADA
CENT • ONE HUNDRED
DOLLARS

100

THE PRIMARY NECESSITY
THE PURPOSE OF OUR GOALS
THE EQUAL TO ANYTHING
THE SUPERIOR TO EVERYTHING
CONGREGATOR OF POWER
THE SEPARATOR OF MEN
THE MEASURE OF RANK
AND
CONTROLLER OF THE WEEK.

THE DECLARER OF WARS AND DECIDER
OF PEACE THE KILLER,
THE SAVIOR THE ROOT OF ALL STRESS
AND THE PRESCRIPTION FOR ITS RELIEF
THE WEIGHT WE MUST CARRY, THE THORN
IN OUR PAW, THE STRAW ON OUR BACK
AND
THE ENCOMPASSING, ALL POWERFUL DREAM
THAT DRIVES CIVILIZATION.

Repent Sinner



"Upper Decker"-(American slang); 1. in the game of baseball, a home run hit into the upper deck of a stadium; any baseball hit into a spectator deck that is elevated above field level. 2. any spectator at a stadium event sitting in the upper deck 3. the practice of defecating in the tank of a toilet rather than the proper receptacle bowl, causing a prolonged offending odor from the unseen excreta.

-Cambridge English Dictionary

You will be happy to hear, dear reader, that I, the anonymous author, have today performed my first Upper Decker. Of course I will not be able to see the fruits of my labor, but my surprise will, in some way, shock and/or cause consternation among the staff at the rental car facility that earned this rare treat. I first learned of the practice of the Upper Decker a few years ago from a coworker when I worked as a law enforcement officer. My friend and colleague did not elaborate on his own exploits in the performance of the Upper Decker, but simply described it to me and promoted it as a tool of non-violent yet effective vengeance on sworn adversaries and other offending parties.

I agreed.

I found an offending party that provided me the opportunity. Traveling recently, I made a reservation to rent a car from a well-reputed car rental company. Using the modern technology of the Internet, I secured a price and made a reservation. When I arrived in my destination and went to the nearby office to rent a car, I

found that the cost of the rental would be twice what I was quoted. If I did not pay this inflated price, I would not be able to rent a car. My trip from there would have been difficult and perilous without an automobile, and so I was left with little choice but to pay the company's exorbitant fees. Driving away in frustration, I pondered the possible proper, artistic and legal ways to express my rage at this company's scurrilous business practices. I decided that the Upper Decker would be a most appropriate avenue of anonymous self-expression in this circumstance.

The day of reckoning arrived without my having decided on whether or not to follow through with it. After consuming a fine breakfast, I drove to the car rental office to return my car before my return flight home.

I followed the instructions provided by the rental car company and pulled into the office parking lot in a conveniently located covered space designated for returned rentals. A polite and well-dressed young man came out with a hand held device to check my car back in. He checked the mileage and looked over the car a bit before asking me if I wanted to keep all the charges on my previously presented credit card and I answered in the affirmative. Then I made an innocent inquiry,

"Is there a restroom I can use?" I asked in a casual manner.

"Yes. On you left as you go in that door," said the polite, well-dressed rental car agent.

I entered the door as indicated by the employee and found the Men's room on my left. As I went to enter, an employee exited. I feared that perhaps this was not a single use restroom but a large public restroom which would make my effort to perform the Upper Decker difficult to conceal if someone else were to come in and see me perched atop the toilet and impossible to perform if the toilets inside did not have tanks. My fears were quickly assuaged, as I discovered that it indeed was a single user restroom with a standard toilet with a tank. I set the seat and lid of the toilet down and very carefully lifted off the top of the porcelain toilet tank and set it ever so gently on the floor. The moment of truth was at hand. I sat upon the open tank and was strained to get into a position that would ensure I did not wet myself. Once confident that I would direct all of my wastes directly into the tank, I was able to move my bowels in a smooth and rapid fashion. I was amazed at how well my body answered the call of justice through this covert political activity. With passing what felt like a moderately voluminous contribution, I descended my throne of protest and turned to examine my contribution to justice.

My movement for the movement appeared fibrous and healthy, having come from the well-oiled machine that is my body. It sat suspended in the still water, a tribute to truth, justice, my personal vitality and the triumph of the human spirit. I replaced the tank lid very carefully and lifted to seat to finish my business as if I had not just performed an Upper Decker. I washed my hands, put on my coat and hat back on and left the bathroom, aglow with confident satisfaction that I took a stand, or precarious squat, for justice.

Gain Control

■ THE CANADIAN CHARTER of Rights and Freedoms is a constitutionally entrenched bill of rights and was added to the Constitution in 1982.

SOURCE: en.wikipedia.org

■ THE NOTWITHSTANDING CLAUSE (section 33 of the Charter) authorizes governments to temporarily override certain rights and freedoms.

SOURCE: en.wikipedia.org



Between Doctors who often recommend antibiotics as treatment (sometimes for viral infection which antibiotics are useless against), sick patients that demand the 'cure all' antibiotics, and farmers who give healthy animals antibiotics as a growth hormone, we have waged a war we can not win.

Perhaps we should have heeded the warnings of Alexander Fleming, the man who discovered Penicillin in 1928. He had noted as early as

1929 that numerous bacteria were already resistant to the drug he had discovered.

In 1945 he wrote a paper in the New York Times, which warned that the improper use of Penicillin would allow the development of resistant bacteria. It was at this time in his observations, that only 14% of *Staphylococcus aureus* bacteria were resistant to Penicillin. By 1950, 59% were resistant and by 1995 that percentage leaped to 95%.

Throughout history, humans have walked the planet in a delicate balance with all other life forms on earth, including bacteria. Although epidemic diseases did occasionally pass through the human population (usually due to unsanitary conditions and local overpopulation), epidemics such as the Bubonic plague and the Spanish flu, were very rare.

However as World War II came to a close, the delicate balance between man and germs was significantly and intentionally tampered with on a large scale. We began manufacturing chemicals and drugs that threatened organisms that we often take for granted that are the building blocks of life (and death).

Most Antibiotics are refined versions of the most desirable components of natural drugs. They are synthetic and do not occur naturally. These drugs can remain intact and alive until they are either incinerated or exposed to ultraviolet light. These active antibiotics will continue to kill off subseptable bacteria in our air, water and soil.

The shocking part is that it isn't even humans who are consuming the highest level of antibiotics, it's our livestock! An estimated 70% of antibiotics and related drugs are pumped into factory farms for non-therapeutic purposes. Why? Because we are a hungry nation of meat eaters, and since antibiotics accelerate animal growth, farmers are pressured to use them. The amount of overcrowding and unsanitary conditions also attributes to the massive use of antibiotics. The drugs have become a crutch, where safer, preventative and sustainable methods could be used.

This translates to approximately 25 million pounds of antibiotics and other related drugs being fed to livestock (and in turn to humans) every year.

YOUR CHOICE...

More Leadership Debates.

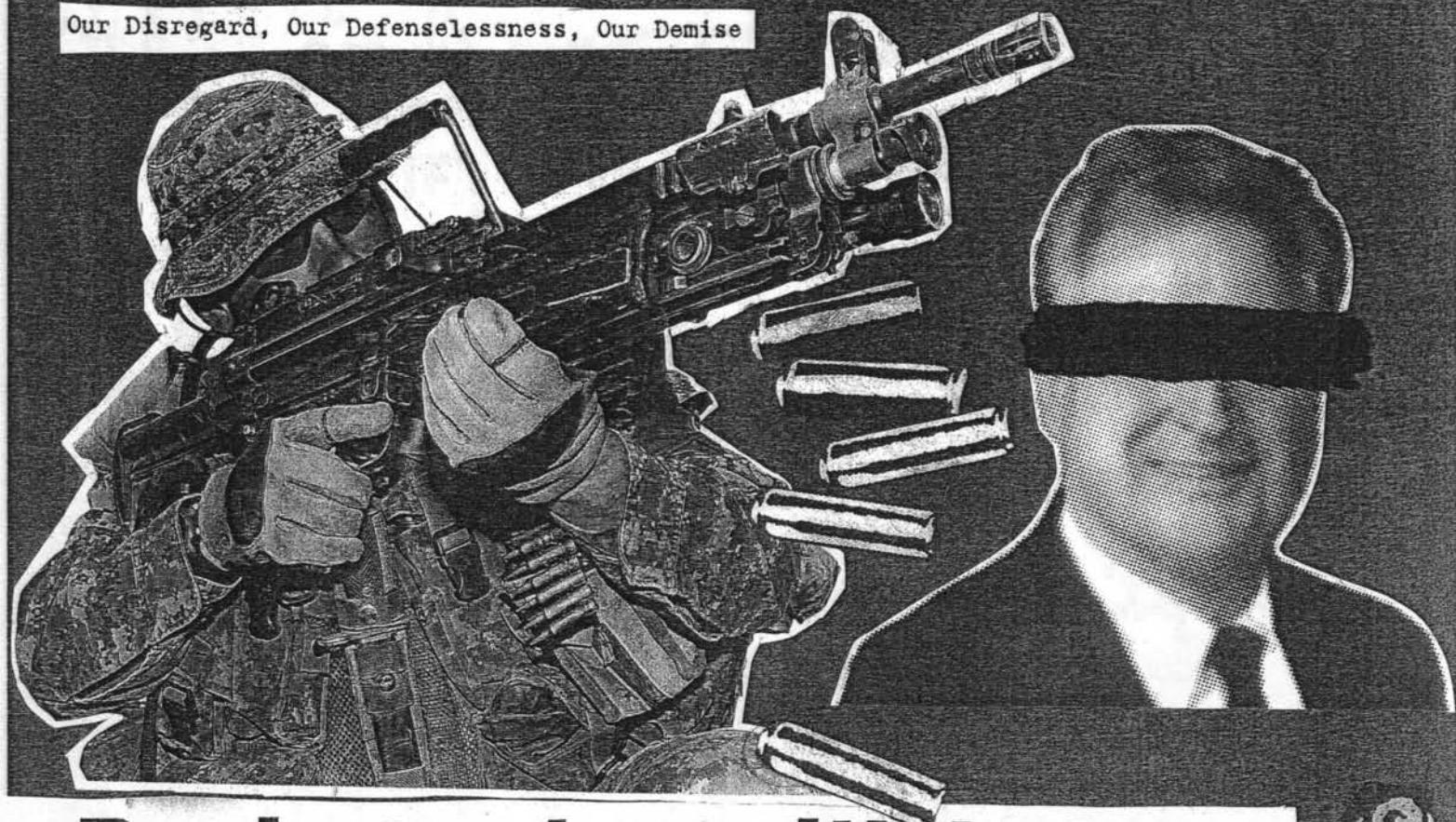
More Election Coverage.

TV's Brash New Comedy.

It's hard to believe that the peace-loving nation of Canada sits atop of the largest nuclear armed country in the world and the leading supplier of terror, war, and fear. There have been many times where I've lied awake at night wondering if this will be the night--the night when George W. Bush pushes us to the brink with an insane attack on the "axis of evil." Personally, if you ask me, I'd say George W. Bush is a bigger terrorist than Osama Bin Laden. But that's not the point of THIS article. Consider, if you will, that Canada is a country who depends largely on trade, and our biggest trade partners, Britain, China and of course our trigger happy cousins, The Yanks. Roughly 80 percent of Canada's exports are to the United States (according to NAFTA). Now, think about this: Commander of the United States Army George W. Bush decides to launch a war on Iran, so he starts bombing the crap out of it. And, to get strategic advantage, he decides to base a lot of his troops in Alaska, so now you have US convoys rolling up and down the west coast of Canada. Because America is in a state of war, the border is tightened, so imports and exports are greatly reduced, disrupting our economy. Okay, and now let's say, for example, "terrorists" launch an attack on American soil, or even American interests on Canadian soil. The border would be sealed, our economy would be destroyed and America would start siphoning our resources for their war machine, considering they own more than half of them already. And, if that doesn't concern you, the puppet government of Stephen Harper would have everyone between the ages of 18-25 in a military or prison uniform. If you're an immigrant, or look the least bit "foreign," expect a long stay at Concentration Camp U.S.A. Tell me again that American Militarism is not our problem, and I'll tell you drop and give me 50 soldier, you're going to war. When will you stand up? They are taking our future from us and still you do nothing.

I fear for us....why don't you?

Our Disregard, Our Defenselessness, Our Demise



Buying votes with bullets

I want my life back

You have to work to stay alive, and you have to work hard. five, six, seven days a week, eight hours a day, maybe more, with no benefits, and taxes taken off each check. You take the bus because you can't afford a car, and you can't even think about biking or walking.

stop.

it's a day off.

go for a walk, meet some new friends. enjoy the sights and spots your town has to offer. that you usually don't have time to see. step outside of the traps of bus/work/home and get out in the world. find a wicked dumpster filled with bagged, clean, fresh food, and realize what it is to eat for free. find a huge old house that's loosely boarded-up house and remember what it is to live for free.

We've all been robbed of our lives, time, and selves.

there are other ways than the work/eat/buy cycle, and we can take our lives back.

i know i will.

Prayer upon a Toilet

..All that is Outside and Other fades out of relevance, poised now, like a yogic master the focus is an inner one, but not so vane & glorious as to seek after Nirvanic communication with the Divine through the crown of the head, or even; A Focusing on the Third Eye and the Wisdom it holds, butt, rather: ("Closest to God when our hands in the soil") ;A spiritual , yet, Primal , Attraction to lower Chakras (Those closer to the Libido) Interrupted, Only, by references to 'that second morning latte' and vague reminiscents of the excellent Bounty placed before Us the Evening or Morning before ... Sometimes the movement of the meditation is more difficult requiring Concentration and consternation, especially, in the event of spiritual constipation, Butt, eventually... If thou sit in your yogic position, long enough , maybe ,stand and sit back again a few times, and visualize the kundilindi snake's movements inside of you... A special kind of miracle may occur, which, arrives with a sense of satisfaction, ...as if by a job well done .
A Bond then Exists where: the existence of a benevolent and Higher Intelligence at work in the Universe, our creation, and that, of All of Being, in it's Entirety, is No Longer a matter of 'intellectual rational' Or mere 'Mortal Faith', Butt, a known certainty.. There... Staring you in the Face . More certain yet, the seeker, too. has certainty that: the Gift to Co-CREATE , with the Creator, is Ours , Ours to CURATE, to APPRECIATE, and to RE-create , or , if Eye Choose... simply... 'Flush it Away'.
For Thine is the Kingdom, The Power, And the Glory!
Forever and Ever! So Be It, Amen, Shalome & Peace Out.

LIBERTY HAD HER WORK CUT OUT FOR HER.

Name: Omit, Disregard Case No.


[REDACTED] we need a global effort to stop the unnecessary use of antibiotics on our livestock. [REDACTED] we need to educate people on how and when to take antibiotics, how simply washing your hands (with very warm water and regular soap for 15 seconds) is the best defense against germs. If you are given a proper prescription for a bacterial infection, take care to follow directions carefully and complete all of the pills (even if you feel better). [REDACTED] use alternative methods to treat your illness, or better yet prevent bacterial infection by strengthening your best defense: your immune system. By exercising, eating right, plenty of water and insuring a proper nights sleep, you can build up your immunity to most bacteria. If the time comes when you are sick, try some garlic. Garlic is actually a natural antibiotic that can kill infecting bacteria and at the same time protect the body from the poisons that are causing the infection. Garlic has effectively treated anthrax, tuberculosis, pneumonia and countless other infections. Studies have shown it to be even more effective than penicillin. Or perhaps you could make yourself a nice soothing cup of honey lemon tea. Honey is also a naturally occurring antibiotic (wild flower honey is the best). Researchers have discovered the remarkable antibacterial quality of honey, which was shown to completely stop the growth of all major wound infecting species of bacteria. They also discovered its use in treating drug resistant strains. Got a yeast infection? What about herpes? Chronic fatigue? Allergies? Maybe psoriasis? Cold? Flu? Upper respiratory or sinus infection? Then have some olive leave extract, also a natural and powerful antibiotic (as well as ant-viral). For skin infections try tea tree oil.

The best thing anyone can do in the face of this antibiotic resistant epidemic is to educate themselves on natural alternatives, and spread the word. We can do this, [REDACTED] knowledge is power. We can fight this war the way nature intended.

The trouble with activists is that they are trying to fix a system that isn't broken. You know, the global economy, the state, whatever you want to call it— is working perfectly, and gets better at what it was made to do every day. The state doesn't enfranchise people in real communities, or reduce energy use or maximize free time, because that isn't what it is designed to do, and no amount of activism is going to make it that way.

Part 9B: Omens & Messages.

My name is Kong. I consider myself a messenger. There are lots of god-like aliens from outer-space. Some of them want me to deliver a message to all humans.

About 100 years from now, most humans will be dead, gone from this planet Earth. not too many will survive. when that happens, Jesus might come back for the second time. He will not come before that, only after that. Jesus saves? Jesus can only save a small number of humans, not too many.

Most of the aliens do not care much about this planet. If this planet earth is ruined, or destroyed,(or if all humans on this planet are doomed,) that does not bother them much. As there are many earth-like planets, in this galaxy & universe.

I watch the TV-news everyday. Everything is pointing in this direction. only a fool can not see, what will happen in the next 100 years. Right now everything on this planet is getting worse & worse, every year.

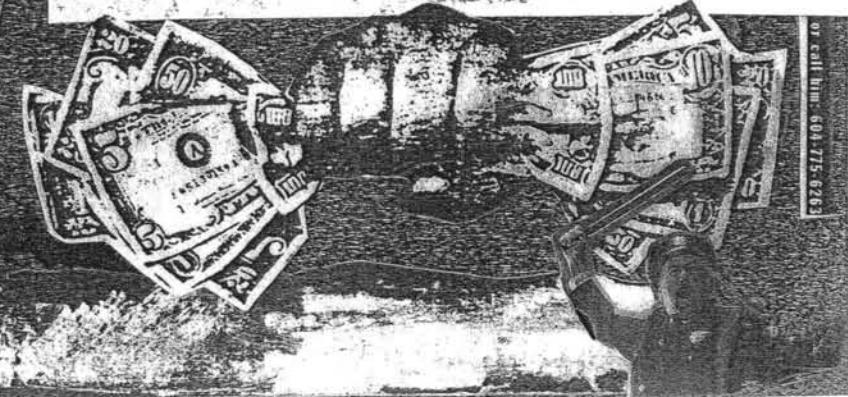
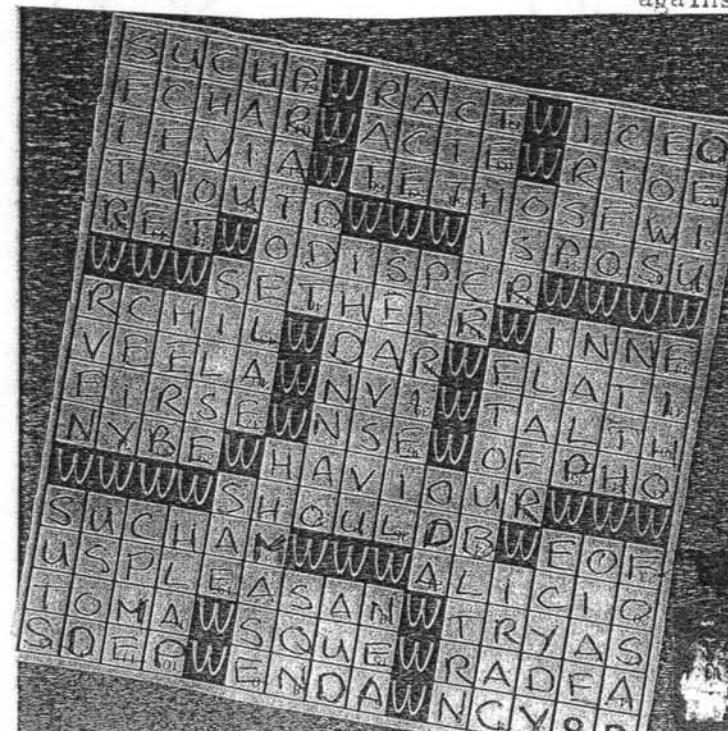
Such as: most of the oil in the middle East, will be gone: used-up in the next 25 years. Most of the natural resources, on this planet, will be gone: used-up in the next 30 years. After that everything else will be very expensive.

I have a Message to all the American Presidents, 'Beware the Genie in the Bottle.' The genie has already got out, about 8 years ago. That evil genie is a very powerful ancient demon. Right now he is roaming about, in the sky. He is related to all the muslims in the middle east.

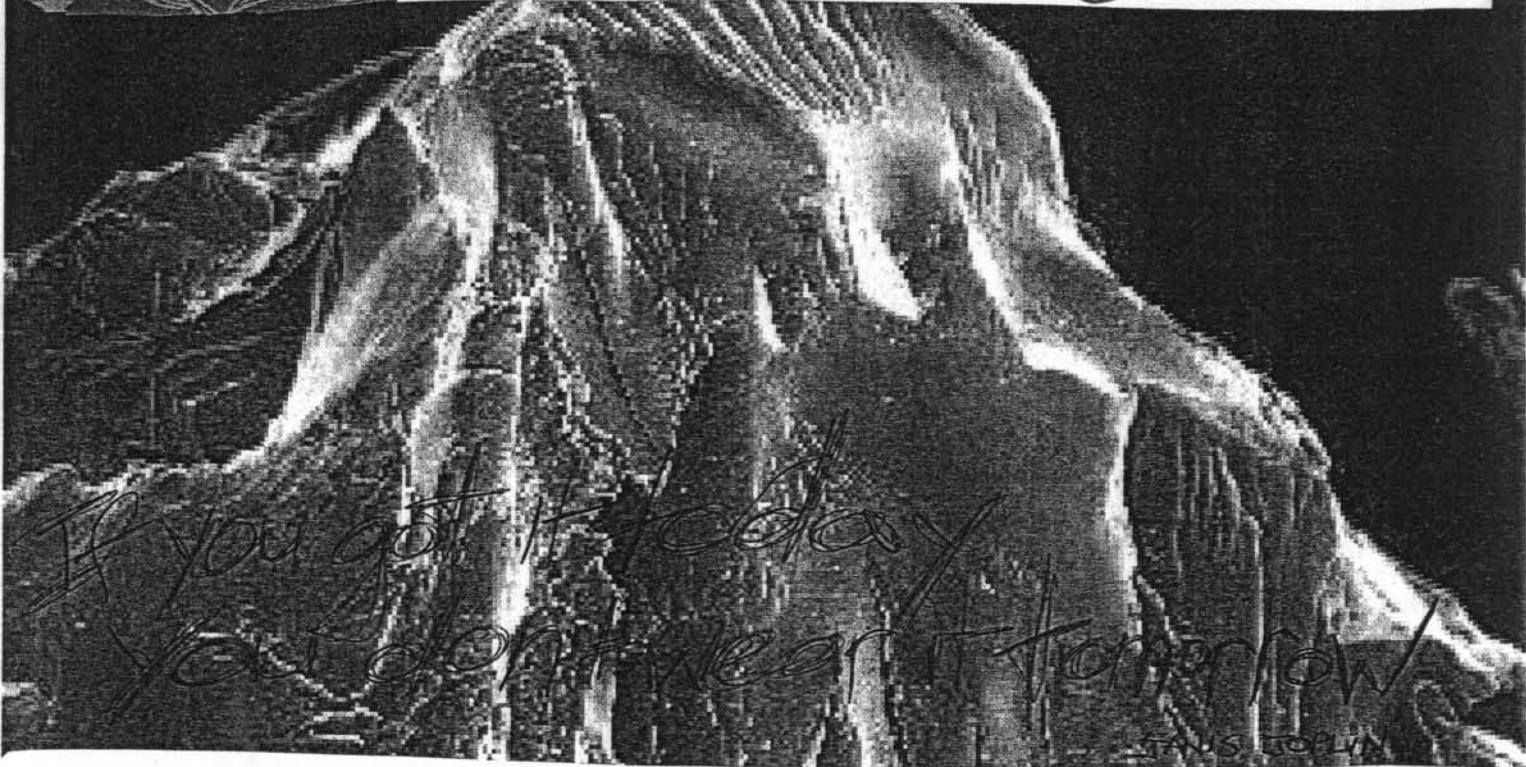
I have seen 911 on TV, about 6 years ago, I just take one look, already know right away that, that the evil genie has something to do with it.

Right now there are too many humans living on this planet, more & more every year, soon it will reach a boiling point, about 40 years from now. Soon most of water & food source on this planet will be contaminated. Most poor people will not have any clean water to drink, or any food to eat, or air to breathe. Most poor people will start to rebel against the rich people.

All the human society will start to break down, law & order will start to disappear, most humans will start to kill each other. Until most of them are dead. So this is a message to some of the humans, that are willing to open their eyes and mind about it. I do feel sorry for the future generations of humans, that is your children, & your grand children. By the way, I am very happy about the future coming events. I believe in Justice, & I can see justice is coming soon. Written by Kong. Dated: March, 2006.

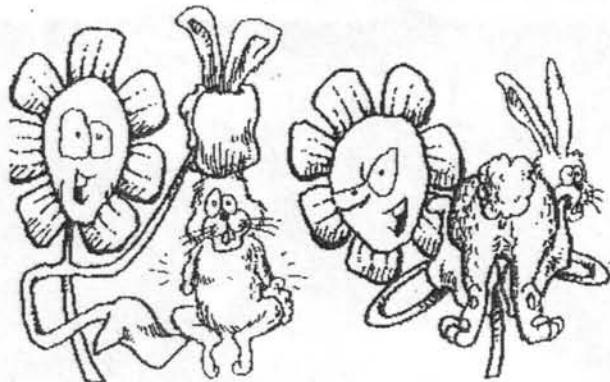
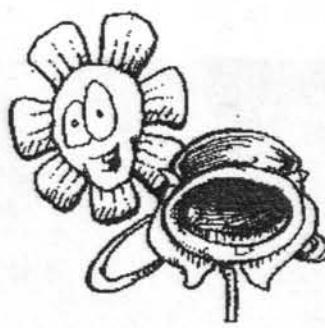


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THE BOB ANGRY FLOWER

THE 2ND
OLDEST
TRICK IN
THE BOOK



SKRUTCH!

